

SAINT PAUL POLICE DEPARTMENT

PHYSICAL FITNESS ASSESSMENT

The Saint Paul Police Department's Fitness Assessment Program enables us to prescribe appropriate exercise that will enhance an individual's fitness level. In addition to ensuring our officers physiological readiness to respond in situations requiring physical effort, our goals are to minimize the disease, injuries and poor health risk profiles associated with our profession.

We have adopted the Institute for Aerobics Research's (IAR) battery of tests and standards. Since 1976, the Institute, through the Public Safety Research and Training Center activities, has assumed a national leadership role in the area of fitness and physical performance for public safety officers. Their standards and norms are the most documented in the U.S. and are frequently updated. The gym staff has been trained by the institute.

At the beginning of the Saint Paul Police Academy, all candidates will perform a battery of tests designed to measure their physical fitness. These tests will measure cardiovascular endurance, muscle strength, muscle endurance, flexibility and body fat. Candidates will perform all tests at a satisfactory level by the end of the academy. It is, therefore, in the best interest of all candidates to report to the Academy in good condition as you will be involved in strenuous physical activity 3-5 days per week. The specific tests with the minimum satisfactory levels are described below.

BODY COMPOSITION ANALYSIS:

The purpose of the body composition analysis is to determine the individual's body fat to lean muscle ratio. The testing is performed using an electronic impedance computer or by the use of skin fold calipers.

Minimum Standard:

<u>Gender</u>	<u>Age</u>	<u>Percent Body Fat</u>
Males	20-29	18.3%
Males	30-39	21.4%
Males	40-49	23.3%
Females	20-29	24.4%
Females	30-39	26.0%
Females	40-49	29.0%

FLEXIBILITY ASSESSMENT:

Flexibility is defined as the range of possible movement in a joint or group of joints. No general flexibility test measures the flexibility of all joints. However, the trunk flexion, or sit and reach test, serves as an important measure of hip and low back flexibility. In this test, the individual sits on the floor, with legs outstretched and heels squarely against a box. A yard stick is set on the box such that the 15 inch mark on the stick is flush with the edge of box against which his/her heels are placed. With arms outstretched and hands on top of the other, he/she is then instructed to lean forward as far as possible. The length of maximum reach is then measured.

Minimum Standard:

<u>Gender</u>	<u>Age</u>	<u>Sit & Reach Test</u>
Males	20-29	16.5"
Males	30-39	15.5"
Males	40-49	14.3"
Females	20-29	19.3"
Females	30-39	18.3"
Females	40-49	19.0"

MUSCULAR ENDURANCE ASSESSMENT:

This is defined as the ability to contract muscle repeatedly over a period of time. The sit-up has long been recognized as a practical method of testing abdominal muscular endurance. A person with a reasonably healthy back is able to do sit-ups for testing purposes without causing harm to the back. The individual is instructed to perform as many bent-kneed sit-ups as possible in 1 minute.

Minimum Standard:

<u>Gender</u>	<u>Age</u>	<u>One Minute Timed Sit-Ups</u>
Males	20-29	42
Males	30-39	39
Males	40-49	34
Females	20-29	38
Females	30-39	29
Females	40-49	24

CARDIOVASCULAR ENDURANCE TESTING:

This will be assessed by performing a 1.5 mile run. The test requires a nearly exhaustive effort. Individuals should not necessarily run to complete exhaustion when taking this test, but should use some caution in how hard they push themselves. It should not be much harder than the higher intensities at which they have been training. It will be performed utilizing an outdoor track or treadmill.

Standard for Males/Females 14:43 minutes

MUSCULAR STRENGTH ASSESSMENT:

Strength is defined as the force a muscle group can exert against a maximum resistance. The total number of push-ups an individual can do is used as the score.

Minimum Standard:

<u>Gender</u>	<u>Age</u>	<u>Number of Push-Ups</u>
Males	20-29	37
Males	30-39	30
Males	40-49	24
Males	50-59	19
Females	20-29	20
Females	30-39	18
Females	40-49	14
Females	50-59	10

ANAEROBIC POWER:

This is a measure of the ability to have an all out reaction and is highly predictive of performing job tasks. One test to measure this is the vertical jump. It will also be measured in a 300-meter run that is a test of an officer's sprinting ability.

Minimum Standard:

<u>Gender</u>	<u>Age</u>	<u>300 Meter Run in Seconds</u>
Males	20-29	54.0
Males	30-39	55.0
Males	40-49	64.0
Males	50-59	74.0
Females	20-29	61.0
Females	30-39	71.0
Females	40-49	79.0
Females	50-59	79.0

Minimum Standard:

<u>Gender</u>	<u>Age</u>	<u>Vertical Jump in Inches</u>
Males	20-29	21.5
Males	30-39	20.0
Males	40-49	17.0
Males	50-59	15.0
Females	20-29	15.9
Females	30-39	13.2
Females	40-49	11.5
Females	50-59	10.0